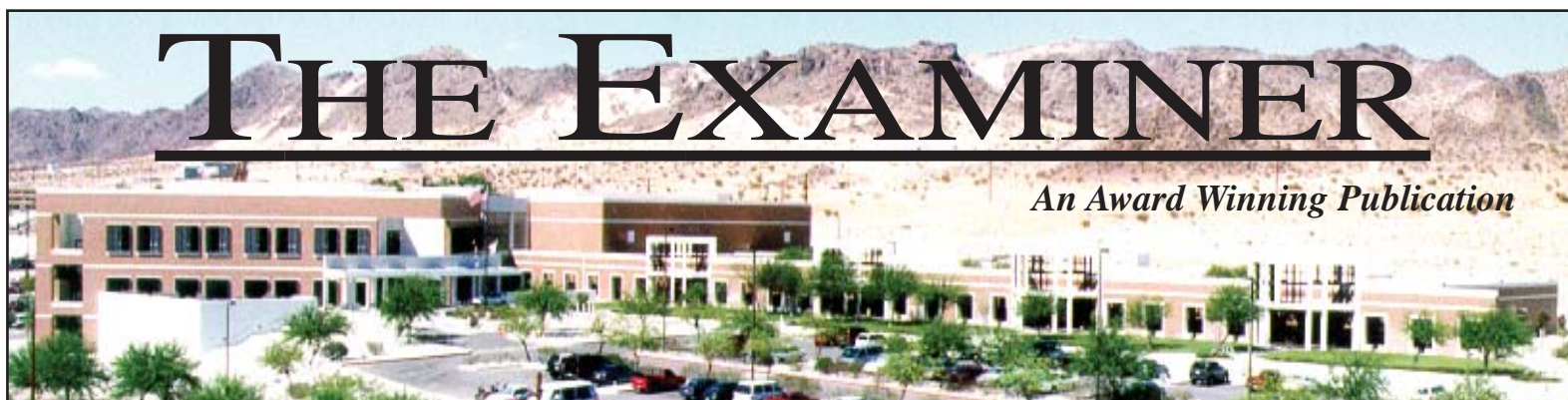




Robert E. Bush
Naval Hospital



THE EXAMINER

An Award Winning Publication

<http://www.med.navy.mil/sites/nhtp/pages/default.aspx>

Did you know?...

You have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

- * Through the ICE website.
- * The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at complaint@jointcommission.org Fax: 630-792-5636

The Joint Commission
Oak Renaissance Boulevard
Oakbrook Terrace, IL 60181

To report Fraud, Waste and Abuse contact one of the below offices by calling:

Naval Hospital: 760-830-2764
Combat Center: 760-830-7749
NavMedWest: 1-877-479-3832
Medical IG: 1-800-637-6175
DoD IG: 1-800-424-9098

Commanding Officer
Naval Hospital Public Affairs Office
Box 788250 MAGTFTC
Twentynine Palms, CA 92278-8250

Naval Hospital Receives Baby Friendly Certification

By Lt.j.g. Ashley Robertson, NC
Nursing Services Public Affairs Representative
Robert E. Bush Naval Hospital

Naval Hospital Twentynine Palms joins Naval Hospital Jacksonville as the only two Baby Friendly Certified hospitals in the Navy. At present, 150 U.S. hospitals and birthing centers in the United States hold the Baby-Friendly designation, which represents 5.8 percent of all hospitals in the US.

Currently, scientific evidence overwhelmingly indicates that breastfeeding is the optimal method of infant feeding and should be promoted and supported to ensure the best health for American women and their children. Breastfeeding is the single most powerful and well documented preventive modality available to health care providers to reduce the risk of common causes of infant morbidity. Breastfeeding can significantly lower rates of diarrhea, otitis media, lower respiratory tract infections, diabetes, childhood leukemia, and Sudden Infant Death Syndrome (SIDS). Women who breastfeed have a lower risk of Type 2 diabetes, breast, and ovarian cancer. Recent evidence suggests that reduction in the risk for cardiovascular and other related diseases may be added to the benefits of breastfeeding for women.

The diverse benefits of breastfeeding translate into hundreds of dollars of savings at the family level, and millions of dollars at the national level through decreased hospitalizations and pediatric visits.

In 1991 the United Nations Child of the World Health Organization (WHO) established the Baby-Friendly Hospital Initiative (BFHI). The BFHI is a global program to encourage and recognize hospitals and birthing centers that offer an optimal level of care for breastfeeding.

The core components of the BFHI are the WHO Ten Steps to Successful Breastfeeding, which are designed to facilitate the role of the hospital/birthing center in providing women the choice and opportunity to breastfeed, regardless of the method of birth.

The Ten Steps to Successful Breastfeeding are:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
6. Give newborn infants no food or drink other than breast-milk, unless medically indicated.
7. Practice 'rooming in' to allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no pacifiers or artificial nipples to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital.



New mom Joanna Kyle with daughter Raelynn can benefit from the hospital's certification as a "Baby Friendly." The hospital which recently renewed their certification is only the second hospital in Navy Medicine to receive this honor.

Patients seen in October -- 15,227

Appointment No Shows in October -- 1,052

In October we had a 6.5 percent no show rate. We need to keep trending downward by keeping the appointments we make, or by canceling in enough time for someone else to use the slot...

To help patients obtain appointments, the Naval Hospital now shows the number of open appointment slots each day on the hospital Facebook site, check it out.

To make an appointment call -- 760-830-2752

To cancel an appointment call -- 760-830-2369

The holidays are coming! Are you ready?

By *Martha Hunt, MA. CAMF*
Health Promotions Coordinator
Robert E. Bush Naval Hospital

Here are some tips to help you cope with holiday stress.

The holidays are meant to be times of quiet reflection and renewal for the New Year, however, society tells us that we must do more, be more, buy more and in general wear ourselves out over the holidays. We need to stand back and realize that we have the right to sane, balanced holidays. Once we do that, we will find that the holidays can be filled with love, joy and renewal.

Let's start with your Holiday Bill of Rights.

- * You have the right to take care of yourself (diet, rest and exercise).
- * You have the right to not be happy all the time.
- * You have the right to be alone sometimes (down time of quiet reflection or relaxation).
- * You have the right to turn

- down invitations to parties that you don't want to attend.
- * You have the right to ask for help when feeling overwhelmed.
- * You have the right to give gifts you can afford and not expensive toys (grown up or kids toys) or even give no presents at all if you can't afford them.
- * You have the right to say no to extra drinks, food, tobacco, etc.
- * You have the right to not ride with a drunk driver, and
- * You have the right to take away the keys if some one has had too much to drink.

Other ways of surviving the holidays include making a 'To Do' list of what you want to see or do over the holidays. Then cut it in half. This way you will do what is really important and enjoy it more.

Let go of family traditions that are impossible to keep. The important part of the holiday is being with loved ones. Late Aunt Minnie shouldn't mind if you don't use her tablecloth on the dinner table so long as the

spirit of the holiday is kept.

Make a budget and keep to it. Avoid shopping when you are tired, as you may get distracted and spend too much on impulse purchases. Also, draw names so that you are not buying gifts for the entire family.

Before buying someone a gift, stop to think "does Joe really want this or is it something I am buying for myself." This way, Joe will be sure to get something he likes and he'll know you took his likes or dislikes into account. Remember, most women do not see a new power tool as being a gift from the heart. Also, consider giving homemade gifts. These show that you were thinking of the person and that you took the time to be creative just for them.

Get at least 30 minutes a day of exercise. This will help you to not over eat or to at least help work off the extra piece of pie.

If you are going north for the holidays, make sure you get enough sun light every day to keep away the winter blues or Seasonal Affective Disorder (SAD).

Don't let those one line 'zingers' get to you. (Have you put on weight? You didn't have this much gray hair last year? When do we get a new grandchild? When is your next promotion?). Rise above the criticism, sarcasm, jealousy, 'advice' and lectures. All that matters in the end is if you are happy in your life.

Sometimes we seem to stress ourselves out. Here are some suggestions for not pushing our own buttons. Change how you think about the situation or person. Change your perception of the event or person that is stressing you out and take responsibility for your reaction to that person or event.

Look at the stressful situation as 'A + B = C' where A is the activating event (the in-laws are coming), B is your belief (they will pick on me), and C is the consequences (stress).

How can you change your thinking about this event and be less stressed out?

A, the activating event, is still the same; the in laws are coming for the holidays. You have to change

B, your belief that "they will pick on me," to "they will only be here a few days," I can't change them and will never live up to their expectations" and "it's not the end of the world." Then,

C, which is the consequences, will be that you are less stressed and better able to enjoy the holidays for what they are -- time to spend with family and friends and cherish the moment...

Happy Holidays!

Keep Holiday Weight off Your Plate

By *Lara H. Smith*
TriWest Healthcare Alliance

Temps are dropping, holidays are approaching, stress levels are raising and, for many us, our weight starts increasing. In fact, the average American gains approximately two to five pounds between Thanksgiving and New Year's.

Is it really a problem if a person gains one to two pounds during the holidays? According to TriWest Healthcare Alliance Registered Dietician Jackie Magyar, it can be.

"Most weight put on during the holidays is not lost after the season," says Magyar. "Year after year, those few pounds can add up, moving an otherwise healthy person into an overweight or obese state." Being overweight or obese increases the risk of many diseases and health conditions including:

- * Hypertension (high blood pressure)
- * Type 2 diabetes
- * Heart disease
- * Stroke
- * Sleep apnea and respiratory problems
- * Some cancers (endometrial, breast and colon)

This holiday season make sure the one thing you aren't adding to your plate is extra, unwanted pounds. Follow these easy steps:

Drink plenty of water. You hear about the value of drinking plenty of water every day; the holiday season is no different. Drinking water throughout the day and between meals will keep you feeling full and fully hydrated.

Decorate your plate, not just your house. Filling the majority of your plate with colorful fruits and vegetables is a great way to keep calories down. Avoid heavy sauces and creams. Round it all out with lean protein and you will feel full in no time.

Continued on page 7

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Naval Hospital Ambulatory Infusion Center is Now Serving Patients

By Lt.j.g. Ashley Robinson
Nursing Services Public Affairs Representative
Robert E. Bush Naval Hospital

The Naval Hospital Twenty-nine Palms Ambulatory Infusion Center (AIC) allows staff to give short and long-term infusion therapy to patients in a comfortable setting.

The Center is designed to provide therapy to patients who may not require hospitalization, but who may not be receiving home care because of insurance constraints, or simply may prefer the ease and convenience of clinical appointments.

Patients can be referred to the AIC directly from their Primary Care Provider. All patients are followed and monitored by a clinical team of experts, and provided with extensive education about their therapy regimen. Infusion therapies may be ordered by your physician at any time. Some medications perform best in an intravenous form or

may only exist in this form. Infusion therapy is often ordered for patients who have a compromised gastrointestinal system resulting in an inability to absorb many oral medications. Intravenous therapies are also given to patients who cannot tolerate oral medications due to a number of factors such as nausea, vomiting, gastrointestinal obstruction, etc. Intravenous therapy has an advantage over oral medications which may take hours to fully

absorb in the gastrointestinal tract. The same medication in IV form will have much better biological availability. Additional services provided by the AIC include blood transfusions, PICC and Central line management, and blood collection for laboratory testing. For more information concerning the AIC please call 760-830-2301. AIC Hours of Operation Monday - Friday 8 a.m. to 4 p.m.

The 1st week of December is National Hand Washing Awareness Week

By Martha Hunt, MA CAMF
Health Promotions Coordinator
Robert E. Bush Naval Hospital

Here are some of the reasons why mom was right when she asked “Did you wash your hands?” The most important thing that you can do to keep from getting sick is to wash your hands.

By frequently washing your hands, you wash away germs that you have picked up from other people, from contaminated surfaces or from animals and animal waste.

What happens if you do not wash your hands frequently? You pick up germs from other sources and then you infect yourself when you touch your eyes, nose or your mouth.

One of the most common ways people catch colds is by rubbing their nose or their eyes after their hands have picked up the cold virus. You can also spread germs directly to others or onto surfaces that other people touch and before you know it, everybody around you is getting sick. Another important thing to remember is that, in addition to colds, some pretty serious diseases like hepatitis A, meningitis, and infectious diarrhea can be prevented if people make a habit of washing their hands.

When should you wash your hands? You should wash your hands often. Probably more often than you do now because you can’t see germs with the naked eye so you do not really know where they are hiding.

Mother knew best!

According to the Center for Disease Control and Prevention (CDC) up to 70 percent of men and 35 percent of women do not wash their hands after using the bathroom! Think of that next time you shake someone’s hand!

It is especially important to wash your hands before, during, and after you prepare food and before you eat.

Be sure to wash your hands after you use the

bathroom, change diapers or clean someone who has used the toilet. Wash frequently before and after caring for someone who is sick, after blowing your nose, coughing, or sneezing and before and after treating a cut or wound. Concerning animals, wash your hands after handling animals, animal food, pet treats or animal waste. Remember that there have been several recent recalls of animal food products due to bacterial contamination. The people who became sick did not wash their hands after dishing out the animal feed to their pets.

...One of the most common ways people catch colds is by rubbing their nose or their eyes after their hands have picked up the cold virus. You can also spread germs directly to others or onto surfaces that other people touch and before you know it, everybody around you is getting sick...

lodge and remove germs. Finally, rinse well and then dry your hands.

The CDC suggests that if soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol. Alcohol-based hand sanitizers can reduce the number of germs on your hands, but they do not eliminate all types of germs and should not be used in place of actually using soap and water to clean your hands. Hand sanitizers are also not as effective when your hands are visibly dirty. The proper use of a hand sanitizer is to apply the product to the palm of one hand and then rub your hands together. Continue to rub the sanitizer over all surfaces of your hands and fingers until your hands are dry.

Hand washing reduces the number of people who get sick with diarrhea by 31 percent, reduces diarrheal illness in people with weakened immune systems by 58 percent and reduces respiratory illnesses, like colds, in the general population by 21 percent.

Hand washing saves lives!

Don’t Let Conjunctivitis Catch You

By Kristin Shives
TRICARE Management Activity

Conjuncti-what? Conjunctivitis is a common eye condition that affects people worldwide. It’s uncomfortable and highly contagious, so how can TRICARE beneficiaries prevent themselves from catching the infection?

Conjunctivitis is often called “pink eye” or “red eye” because it can cause the white of the eye to take on a pink or red color, reports the Centers for Disease Control and Prevention (CDC). Viruses, bacteria and allergies are common causes of pink eye. Common symptoms include pink or red color in the white of the eye, discharge from the eye, itchy or scratchy eyes, and crusting of eyelids or lashes.

There are three forms of conjunctivitis: viral, bacterial and allergic conjunctivitis. Viral and bacterial conjunctivitis are caused when a virus or bacterium enter and infect the eye. Both viral and bacterial conjunctivitis usually begin in one eye and progress to the second eye, with symptoms that are typically mild and clear up within 2-3 weeks. Allergic conjunctivitis happens when the body reacts to irritants or allergens such as pollen, dust mites, molds, pet dander, contact lenses and cosmetics. Symptoms are mild and are similar to viral and bacterial conjunctivitis.

Signs, symptoms and a patient’s history will help a doctor, nurse or healthcare provider diagnose conjunctivitis. Treatment for “pink eye” depends on the cause and severity; it’s not always necessary to seek medical treatment. However, the CDC recommends seeking medical attention if the following symptoms are present:

Continued on page 7

2X3
Smith’s Family
Properties

Super Stars...



HN Joe Burns, Adult Medical Care Clinic receives his first Good Conduct Award.



CS2 Damien Cantrell, Combined Food Services Dept., receives a Letter of Appreciation for his service on the USNS Mercy (A-AH 19).



IT2 Matthew Colvard, Information Management Dept., receives a gold star in lieu of his second Navy and Marines Corps Achievement Medal.



HM2 Matthew Novak, second from left, is promoted to his current rank. Other participants in his promotion ceremony from left to right are HMC Victor Isarraraz, HM1 Teri Charles, and HMC Robert Davenport.



Lt. Anne Dasilva, Physician Assistant, Adult Medical Care Clinic, receives a gold star in lieu of her third Navy and Marine Corps Commendation Medal.



Cmdr Ramona Domen, Dept. Head Anesthesia and Post-Anesthesia Care Unit, receives a gold star in lieu of her fourth Navy and Marine Corps Commendation Medal.



Lt. Cmdr. Todd Hlavac, Adult Medical Care Clinic, receives a gold star in lieu of his second Navy and Marine Corps Commendation Medal.



Lt. Cmdr. Ronald Mata, Main Operating Room, is piped ashore at his recent retirement ceremony held last month.



HM3 Collin Holsapple, Healthcare Business Ops, receives his second Good Conduct Award.



In a double reenlistment ceremony, HN Maximo Norfleet, left, and HM3 Cedrick Edwards, right, both of the Pediatrics Clinic take the oath.



Harry Sherman, Deputy Comptroller, receives a 15 Federal Length of Service Award.



HN Kamen Ray, Pediatrics, receives the Naval Hospital Twentynine Palms 'Got Talent' Grand Champion Award



Sabrina Gilliland, Facilities, was 1st runner up in the 'Got Talent' show.



LS2 Alvin Henry Material Management, receives the Most Entertaining award at the 'Got Talent' show.



HM3 Richard Bailey and HN John Miller were welcomed home by the hospital staff in a special ceremony held on the hospital Quarterdeck. Bailey and Miller were deployed as Individual Augmentees.



CS2 Jeffery Eng, Combined Food Services Department, takes the oath at his recent reenlistment ceremony.



HM2 Abner Ocampo, deployed with NATO Role 3, receives his Information Dominance Warfare (IDW) device from Captain Daniel Zinder, Commanding Officer, NATO Role 3.



HM1 Janette Holmes, Command Career Counselor, takes the oath at her reenlistment ceremony.

Have a Holiday Heart-to-Heart with Your Family

*By Griffin P. Rodgers, M.D., M.A.C.P.
Director National Institute of Diabetes and Digestive and Kidney Diseases
National Institutes of Health*

The holidays are known as a time for family gatherings, catching up with relatives, and sometimes even the occasional family conflict.

Like drama at the holiday dinner table, in many ways your health is influenced by your family...for better or for worse.

This year, why not start a conversation that benefits everyone?

Gather your family health history.

Why It's Important

Family history of disease is an important part of understanding your risk for developing a number of serious diseases, including type 2 diabetes. Diabetes is a serious disease that, if left untreated, can lead to serious health problems including blindness, loss of limb, kidney failure, heart disease, and early death. In fact, most people with type 2 diabetes have a family member...such as a mother, father, brother, or sister...with the disease.

The National Diabetes Education Program (NDEP) encourages all families to gather their family health history this holiday season and help prevent or delay type 2 diabetes in future generations.

By knowing your family health history, sharing it with your health care team, and taking important steps...such as maintaining a healthy weight or losing a small amount of weight

if you are overweight, making healthy food choices, and being physically active...you can prevent or delay type 2 diabetes (as well as other serious diseases) and help ensure that you will be enjoying holiday family gatherings for years to come.

Four Questions You Should Ask

The answers to these key questions could help you prevent type 2 diabetes in your future.

* Does anyone in the family have type 2 diabetes? Who has type 2 diabetes?

* Has anyone in the family been told they might get diabetes?

* Has anyone in the family been told they need to lower their weight or increase their physical activity to prevent type 2 diabetes?

* Did your mother get diabetes when she was pregnant? This condition is also known as gestational diabetes.

If the answer to any of these is yes, or you have a mother, father, brother, or sister with type 2 diabetes, you may be at an increased risk for developing type 2 diabetes. Talk to your doctor and visit www.YourDiabetesInfo.org to learn more about managing your risk and preventing or delaying type 2 diabetes.

Your History Affects Your Child's Future

While you're gathering your family's history, you need to take your own into considera-

tion as well.

Gestational diabetes is a type of diabetes that occurs during pregnancy and affects about 2 to 10 percent of pregnancies. If you had gestational diabetes when you were pregnant, you and your child have a lifelong risk for getting diabetes.

* Women with a history of gestational diabetes have a 35 to 60 percent chance of developing diabetes in the next 10 to 20

years after delivery.

* The children of pregnancies where the mother had gestational diabetes are also at increased risk for obesity and type 2 diabetes.

* Women who have had gestational diabetes should be tested for diabetes six to 12 weeks after their baby is born, and at least every three years after that. Mothers should let their child's doctor know that they had gesta-

tional diabetes.

* Women with a history of gestational diabetes can lower their risk for developing diabetes by making an effort to reach and maintain a healthy weight, making healthy food choices, and being active for at least 30 minutes, 5 days a week. Keeping a healthy lifestyle helps mother and child lower their risk for getting diabetes in the future.

TRICARE's Transition from Active Duty to Retirement

*By Kristin Shives
TRICARE Management Activity*

Beneficiaries nearing retirement from active duty have a lot to look forward to. Many will consider how to spend their time, moving to a different state or possibly the next great life adventure. One of the most important decisions all retirees face is choosing their health care after retirement.

There are several options for retirees to choose from including TRICARE Prime, Standard or Extra. Each program offers advantages relating to cost, location and convenience. Beneficiaries can learn more about retiree health care options at their local TRICARE Service Center.

TRICARE Standard and Extra are both great options for those who are not near an MTF or where Prime is not offered. TRICARE Standard and Extra are fee-for-service plans available to all non-active duty beneficiaries throughout the United States. Enrollment is not required and coverage is automatic as long as personal information is current in DEERS. Referrals are not required, but some services may require prior authorization.

TRICARE Prime enrollment is portable, meaning retirees can transfer coverage to another region if TRICARE Prime is available in that new location. Enrollment is required with annual fees of \$269.28 for an individual and \$538.56 for a family as of October 2012. Check for TRICARE Prime avail-

ability at www.tricare.mil/prime. TRICARE Prime Overseas is not available to retirees and their families.

Retirees who move should always update the Defense Enrollment Eligibility Reporting System (DEERS) with any new personal information, including their new address. Do not disenroll from TRICARE Prime before the move. Retirees and their dependents are limited to two enrollment transfers for each enrollment year if the second move is back to the original region. For details, visit www.tricare.mil/deers.

Retirees can continue care in a military treatment facility (MTF) with a primary care manager through TRICARE Prime if there is available space. Active duty service members and their families have priority at MTFs. Beneficiaries who enroll in TRICARE Prime at an MTF will receive care when space permits.

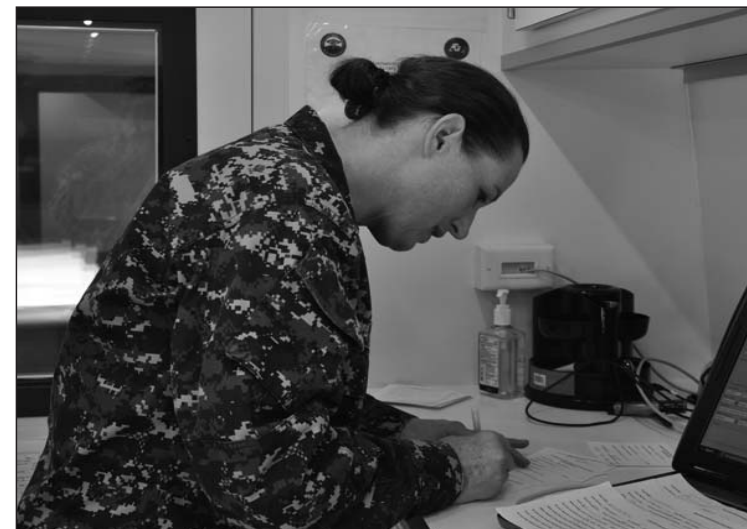
TRICARE has several health care options for retirees and their families depending on location and needs. Retirees who move to a new location or region can use the www.tricare.mil/mybenefit tool to find the TRICARE option for them and network providers in their area. The regional contractor can help make this transition as smooth as possible.

Making the transition from active duty to retirement gives beneficiaries several coverage options, and TRICARE wants to ensure families choose the best option to fit their needs. Contact information and beneficiary assistance locations can be found at www.tricare.mil/contactus.

Hearing Conservation...



Marines from 3/4 at the Marine Corps Air Ground Combat Center wait for their hearing tests in the hospital's new Mobile Occupational Hearing Conservation Audiometric Truck also known as the MOCAT. Upper right Lt. Cmdr. Anne Jarrett, audiologist and hearing conservation program manager enters results into medical records. Photos by HM3 Martel Thomas, Preventive Medicine Dept.



Conjunctivitis...

Continued from page 3

- * Moderate to severe pain in the eye(s)
 - * Vision problems, such as sensitivity to light or blurred vision
 - * Intense redness in the eye(s)
 - * Symptoms become worse or persist
 - * Treatment with antibiotics does not begin to improve after 24 hours
- Most cases of conjunctivitis will clear up without treatment, but some severe cases require antibiotics to help speed up

recovery and stop the spread of infection. TRICARE covers most prescribed antibiotics at no cost through military treatment facility pharmacies, and for minimal out-of-pocket costs at retail network pharmacies.

The best way to prevent the spread of conjunctivitis is to practice good hygiene habits. To limit the spread of conjunctivitis to other people follow these steps from the CDC:

Wash hands often with soap and water

Avoid touching or rubbing eyes

Wash pillowcases, sheets,

washcloths, towels and blankets

Do not share eye makeup, face make-up, make-up brushes, contact lenses and containers or eyeglasses

Don't use swimming pools

There's no vaccine to prevent conjunctivitis, but there are ways to avoid catching and spreading the crud by good hygiene practices. More information about conjunctivitis can be found at www.cdc.gov/conjunctivitis. TRICARE makes healthy living the easy choice, learn more at www.tricare.mil/healthyliving.

Holiday Weight...

Continued from page 2

3. Remember: good things come in small packages. When you watch your portion size, you can indulge in your favorite dishes and not feel deprived. This is especially true for the days you sit down for the big meals (see tip 6).

4. Go for quality, not quantity. Don't waste your calorie budget on mindless snacking. Save up for the big ticket items like dinner and dessert--just be sure to watch your portion sizes. And leave some food on your plate at every meal. You'll be glad the calories you left behind didn't land on your own behind.

5. Try a food exchange. You exchange gifts, why not food? If you know you can't make it through Thanksgiving without Aunt Erma's famous sweet pota-

to casserole, are you willing to exchange some time at the gym for it? If you indulged in too much eggnog, how about heading out for a jog before hitting the sack? Making time for exercise on days you've treated yourself can help combat the number of calories you have taken in.

6. Pace yourself on the big days and you can still indulge. Eat light earlier in the day (breakfast, lunch and a small snack) and do not skip meals. This will ensure you won't be starving by dinner and risk eating too much. When you sit down for the holiday dinner, have a small portion of everything served. This way you won't feel like you are missing out and can still enjoy all the

great food being served.

7. Move it. Speaking of exercise -- whether it's speed walking through the mall, raking piles of leaves, or taking a family walk after dinner, make it your goal to move every day. Movement burns energy, which means you are burning calories. The decision to move a little every day could mean the difference between losing or maintaining your weight this holiday season.

8. Relax and enjoy... The holidays are supposed to be about connecting with family and friends, honoring time-held traditions and creating new ones. Take it easy and don't take too much on your plate, including extra, unwanted pounds.

For more healthy eating tips, visit TriWest.com/HealthyLiving.

MBTA
2X8

Super Stars...

Continued from page 5



Lt. Adeniyi Altise, a Psychiatrist in the Behavioral Health Clinic, recently passed his Board Certification Exam.



Lt. Erin Kerr, Behavioral Health Clinic, was recently selected to attend a full-time Duty Under Instruction Masters Degree program.



Lt. Sarah Certano, Emergency Medicine Dept., was recently selected to attend a full-time Duty Under Instruction Masters Degree program.



Lt. Cmdr. James Ketzler, Multi-Service Ward, was recently selected to attend a full-time Duty Under Instruction Masters Degree program.



LS1 Anthony Lambert, Material Management Dept., receives a gold star in lieu of his seventh Navy and Marine Corps Achievement Medal.



HN Trevin Lovett, Medical Readiness Clinic, receives a Letter of Appreciation for his service on the USNS Mercy.



HN John Miller, Medical Readiness Clinic, receives a Navy and Marine Corps Achievement Medal.



CS3 Charlene Moorehead, Combined Food Ops receives a Letter of Appreciation for her service on the USNS Mercy.



HN Jeffery Santos, Emergency Medicine Dept., takes the oath given by Cmdr. Raul Carillo at his recent reenlistment ceremony.